

2024 OCTOBER - All times listed in Pacific Daylight Time

<i>SUNDAY</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>
29	30	1	2	3	4	5
6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party
Free - All Right Now	Andy Grammer - Good to Be Alive (Hallelujah)	Neil Diamond - Sweet Caroline	John Travolta And Olivia Newton John - You're The One That I Want	Paula Abdul - Straight Up	Justin Timberlake - Can't Stop The Feeling	Rick Astley - Never Gonna Give You Up
Rest and replenishment	7am - Soul Spa Group A - MONTHLY WORKSHOP - Presence & the Outside World	7am - Mike Dooley - TUT	7am - Soul Spa - WILDCARD WEDNESDAY - TOPIC: PRESENCE - CLASS FULL	Private Bookings	7am - Soul Spa - CLASS FULL	8:30am - The Hero's Journey - WEEK 2 - Follow the Yellow Brick Road
	Private Bookings	10-11:30am - TOASTMASTERS Meeting!! 3pm - Soul Spa Group B - MONTHLY WORKSHOP - Presence	5pm - Breathwork w/Jared @Sparks of Consciousness			
6	7	8	9	10	11	12
6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party
Billy Joel - Smooth Criminal	Andy Grammer - Good to Be Alive (Hallelujah)	BTO - You Ain't Seen Nothing Yet	Tag Team - Whoomp!	Monkees - I'm a Believer	Justin Timberlake - Can't Stop The Feeling	The Foundations - Build Me Up Buttercup
Rest and replenishment	7am - Soul Spa Group A - CLASS FULL	7am - Mike Dooley - TUT	7am - Soul Spa - WILDCARD WEDNESDAY - TOPIC: PRESENCE - CLASS FULL	Private Bookings	7am - Soul Spa - CLASS FULL	8:30am - The Hero's Journey - WEEK 3 - If I Only Had a Brain
	Private Bookings	9:30am - Joel Salomon - Money Miracles 3pm - Soul Spa Group B	5pm - Breathwork w/Jared @Sparks of Consciousness			
13	14	15	16	17	18	19
6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party
The Tokens - The Lion Sleeps Tonight	Andy Grammer - Good to Be Alive (Hallelujah)	Van Halen - JUMP	The Tramps - Disco Inferno	Tom Jones - Its Not Unusual	Justin Timberlake - Can't Stop The Feeling	The Weather Girls - Its Raining Med
Rest and replenishment	7am - Soul Spa Group A - CLASS FULL	7am - Mike Dooley - TUT	7am - Soul Spa - WILDCARD WEDNESDAY - TOPIC: PRESENCE - CLASS FULL	Private Bookings	7am - Soul Spa - CLASS FULL	8:30am - The Hero's Journey - WEEK 4 - The Heart of the Matter
	Private Bookings	10-11:30am - TOASTMASTERS Meeting!! 3pm - Soul Spa Group B	5pm - Breathwork w/Jared @Sparks of Consciousness			
20	21	22	23	24	25	26
6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party
Beach Boys - I Get Around	Andy Grammer - Good to Be Alive (Hallelujah)	Bon Jovi - You Give Love a Bad Name	Big and Rich - Ride a Cowboy	Blondie - Call Me	Justin Timberlake - Can't Stop The Feeling	Chuck Berry - No Particular Place to Go
Rest and replenishment	7am - Soul Spa Group A - CLASS FULL	7am - Mike Dooley - TUT	7am - Soul Spa - WILDCARD WEDNESDAY - TOPIC: PRESENCE - CLASS FULL	Private Bookings	7am - Soul Spa - CLASS FULL	8:30am - The Hero's Journey - WEEK 5 - The Courage to Be
	Private Bookings	9:30am - Joel Salomon - Money Miracles 3pm - Soul Spa Group B	5pm - Breathwork w/Jared @Sparks of Consciousness			
27	28	29	30	31	1	2
6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party
CCR - Up Around the Bend	Andy Grammer - Good to Be Alive (Hallelujah)	Cream - I Feel Free	Michael Jackson - Thriller	Ray Parker Jr - Ghostbusters	Justin Timberlake - Can't Stop The Feeling	PSY - Gangnam Style
Rest and replenishment	7am - Soul Spa Group A - CLASS FULL	7am - Mike Dooley - TUT	7am - Soul Spa - MONTHLY WORKSHOP - REGISTER TODAY!	Private Bookings	7am - Soul Spa - CLASS FULL	8:30am - The Hero's Journey - WEEK 6 - Falling Asleep in the Fields of Poppies
	Private Bookings	10-11:30am - TOASTMASTERS Meeting!! 3pm - Soul Spa Group B - MONTHLY WORKSHOP	5pm - Breathwork w/Jared @Sparks of Consciousness			